



Rewilding the Writer's Soul #4

The Weight I Cannot Carry Anymore & The Power I Already Hold

🌿 Sacred Homemaking: A Rewilding Ritual

🕯️ You'll Need:

A candle

Your journal

A few uninterrupted moments

Something to write with

✨ The Ritual:

Light your candle and take a few deep breaths.

Choose to step into radical self-honesty and allow yourself grace and space to make new choices.

Step 1: The Weight

Grab your journal and write down:

What am I doing that is physically/emotionally/energetically unsustainable?

What tasks or roles am I clinging to out of fear, not joy?

What do I keep trying to prove? And to whom?

Cross out the words "I should" and replace them with "I choose"—see what changes.

Step 2: The Power

Now make a sacred list of:

Every book I've already published

What would make each one more marketable

What's closest to done

What's actually working—even if just a little

What I can realistically finish this season

Circle the one that sparks the most energy. That's your focus. That's your flicker of fire.

